**Carol’s Oatmeal Banana Bites**

It’s back to school and Tyler asked our Z88.3 Mornings Facebook friends about healthy snacks. Our Facebook friend Marisol said they should ask the resident foodie, Carol. So, I am here for you Marisol...challenge accepted! :)

This week’s Quick Family Recipe is beyond quick and easy and only uses 3 simple ingredients. It’s perfect for our gluten-free friends, just use gluten-free oats. Perfect for our but allergy friends, just don’t use any nuts. It’s just a fun snack to pop in a lunchbox, grab for a quick breakfast or have ready when the kids get home from school!

Let’s get baking together...

Ingredients:

* 2 Bananas
* 1.5-2 Cups of Oats
* 1 Tsp Cinnamon
* Optional: Mini Chocolate Chips, Coconut, Nuts, Dried Fruit.

How to Make:

* Preheat oven to 350 degrees Fahrenheit.
* In a mixing bowl, mash the 2 bananas.
* Add 1 cup of oats along with cinnamon. Mix together. If the batter is too wet, continue to add oats. My batch needed 2 cups of oats for the right consistency.
* Add whatever mix-ins you would like. I added a handful of mini chocolate chips.
* Scoop out onto an oiled cookie sheet or one with wax paper...I use my baking stones. 💕
* Bake for 15 minutes if you like them chewy...20-25 minutes if you like them more on the crunchier side.
* Let them cool just a little bit before serving. Keep whatever bites you aren’t eating right away in the fridge.
* Enjoy! :)

Tyler loves that these were healthy snacks she could make with her kids! We’d love to see your family enjoying this recipe, too. You can share your pictures on the [Z88.3 Mornings Facebook page](https://www.facebook.com/Z88.3Mornings).

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Originally posted on [**Carolbake.com**](http://carolbake.com/)